

LUNES 14-01-2019				MARTES 15-01-2019				MIÉRCOLES 16-01-2019				JUEVES 17-01-2019				VIERNES 18-01-2019				SABADO 19-01-2019				DOMINGO 20-01-2019												
H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D					
7:00	TAEKWONDO*	4	TÉCNICO	60'					7:00	TAEKWONDO*	4	TÉCNICO	60'	7:00	TAEKWONDO*	4	TÉCNICO	60'					7:00	TAEKWONDO*	4	TÉCNICO	60'									
7:45	O CYCLING	8	JUANFRAN	50'	7:15	CROSS TRX	3	HECTOR	30'	7:15	O CYCLING	8	TONI	50'	7:15	CROSS TRX	ifit	NOEL	30'	7:45	O CYCLING	8	JUANFRAN	50'												
9:15	WALKING	7	JOSE MUKALI	45'	8:00	CROSS TRX	3	HECTOR	30'	8:00	WALKING	7	JUANFRAN	45'	8:00	CROSS TRX	ifit	NOEL	30'	9:15	ZUMBA	3	FANI	60'												
9:30	PILATES	4	JUANFRAN	55'	9:30	O CYCLING	8	TONI	50'	9:30	WALKING	7	TONI	45'	9:30	O CYCLING	8	ALFREDO	50'	9:30	CROSS TRX	ifit	JUANFRAN	30'												
9:30	GRIT	3	ALFREDO MIGUEL	30'	9:30	BODY BALANCE	3	AIDA	60'	9:30	PILATES	4	JUANFRAN	55'	9:30	CXWORX	3	NOEL	30'	9:30	WALKING	7	ALFREDO	45'												
10:00	TONO	ifit	JOSE MUKALI	15'	9:30	ZUMBA	1	ALICIA	60'	9:30	GRIT	3	ALFREDO MIGUEL	30'	10:00	BODY COMBAT	1	FANI	60'	10:00	AQUA FIT	PP	LOIDA	45'												
10:30	PILATES	4	ANA	55'	10:30	BODY PUMP	3	ALFREDO	60'	10:15	GAP FUNCIONAL	3	TONI	30'	10:30	YOGA INICIACIÓN	5	TRINI	60'	10:15	BODY BALANCE	3	AIDA	60'												
10:30	O CYCLING	8	JOSE MUKALI	50'	10:30	YOGA INICIACIÓN	5	TRINI	60'	10:30	O CYCLING	8	JUANFRAN	50'	10:30	BODY PUMP	3	TONI	60'	10:15	ABD EXPRESS	ifit	ALFREDO	15'												
10:45	AQUA FIT	PP	PILAR	45'	11:00	AFG PILATES	4	ANA	55'	10:45	AQUA FIT	PP	LOIDA	45'	11:00	AFG PILATES	4	ANA	55'	11:00	PILATES AFG	4	JAVI PEREZ	55'												
13:00	EASYLINE	M	HECTOR	30'	13:00	AQUA FIT	PP	PILAR	45'	14:15	O CYCLING	8	TONI	50'	14:15	WALKING	7	LOREN	45'																	
14:15	O CYCLING	8	JUANFRAN	50'	14:15	WALKING	7	TONI	45'	14:30	CROSS TRX	ifit	JUANFRAN	30'	14:30	CROSS TRX	ifit	VICTOR	30'	14:30	CROSS TRX	ifit	VICTOR	30'												
14:30	CROSS TRX	ifit	HECTOR	30'	14:30	GRIT	1	NOEL	30'	15:15	YOGA	5	TRINI	75'	15:00	ABD EXPRESS	ifit	LOREN	15'	14:30	NATACIÓN AVANZADA		LOIDA													
15:15	YOGA	5	TRINI	75'	15:00	ABD EXPRESS	ifit/3	TONI	15'	15:15	YOGA	5	TRINI	75'	15:15	O CYCLING	8	TONI	50'	15:30	PILATES	4	VERONICA	55'												
15:30	WALKING	7	TONI	45'	15:15	O CYCLING	8	JOSE MUKALI	50'	15:30	WALKING	7	JUANFRAN	45'	15:30	PILATES	4	ANA	55'	15:30	PILATES	4	VERONICA	55'												
15:30	PILATES	4	JUANFRAN	55'	15:30	BODY PUMP	3	ALFREDO	60'	15:30	BODY BALANCE	3	CARLOS	60'	16:00	O CYCLING	8	TONI	50'	16:00	O CYCLING	8	TONI	50'												
16:15	ABD EXPRESS	ifit	TONI	15'	15:30	PILATES	4	VERONICA	55'	16:15	ABD EXPRESS	1	JUANFRAN	15'					16:00	O CYCLING	8	TONI	50'													
17:30	KARATE INF*	4	LOLA	120'	17:30	DANCE INFANTIL*	1	CRISTIAN	60'	17:30	KARATE INF*	4	LOLA	120'					17:30	TAEKWONDO*	SQ	PACO ESPAÑA	90'													
17:45	ZUMBA	3	FANI	55'	17:30	PILATES	4	ANA	55'	17:30	BODY PUMP	3	ALFREDO	60'					17:30	BODY BALANCE	3	ALFREDO	60'													
18:00	TAEKWONDO*	SQ	PACO ESPAÑA	60'	17:45	O CYCLING	8	PEDRO	50'	18:00	TAEKWONDO*	SQ	PACO ESPAÑA	60'	18:00	DUATH INDOOR	8	JOSE MUKALI	60'																	
18:00	O CYCLING	8	TONI	50'	18:15	CXWORX	3	NOEL	30'	18:00	WALKING	7	JOSE MUKALI	45'	18:15	BODY COMBAT	3	SARA	60'																	
18:30	YOGA INICIACIÓN	5	TRINI	60'	18:30	B. DE SALÓN infnt*	5	MARAT	90'	18:30	BODY BALANCE	3	ALFREDO	60'					18:30	BODY PUMP	3	TONI	60'													
18:50	CXWORX	3	CARLOS	30'	18:30	WALKING	7	JOSE LUIS	45'	18:30	YOGA INICIACIÓN	5	TRINI	60'	18:15	STRETCHING	ifit	JOSE MUKALI	30'	18:30	ZUMBA	1	FANI	55'												
									18:45	STRETCHING	ifit	JOSE MUKALI	30'					18:30	ZUMBA	1	FANI	55'														
19:00	BODY COMBAT	1	FANI	60'	19:00	PILATES	4	ANA	55'	19:15	CXWORX	1	CARLOS	30'	19:00	PILATES	4	PAULA	55'	18:30	BODY PUMP	3	TONI	60'												
19:30	O CYCLING	8	DAVID	50'	19:15	ABD EXPRESS	ifit	JOSE LUIS	15'	19:15	PILATES	4	PAULA	55'	19:00	TAEKWONDO*	SQ	PACO ESPAÑA	60'	19:30	ZUMBA	1	FANI	55'												
19:30	BODY PUMP	3	TONI	60'	19:00	BODY PUMP	3	FANI	60'	19:30	O CYCLING	8	JOSE MUKALI	50'	19:30	O CYCLING	8	LOREN	50'																	
19:45	YOGA INTERMEDIO	5	TRINI	60'	19:00	TAEKWONDO*	SQ	PACO ESPAÑA	55'	19:45	YOGA INTERMEDIO	5	TRINI	60'					19:30	O CYCLING	8	TONI	50'													
					19:15	O CYCLING	8	PEDRO	50'																											
20:00	TAEKWONDO*	4	TÉCNICO	60'	19:30	AQUA FIT	PP	LOIDA	45'	20:00	TAEKWONDO*	4	TÉCNICO	60'	20:00	TAEKWONDO*	SQ	PACO ESPAÑA	60'	20:00	TAEKWONDO*	4	TÉCNICO	60'												
20:00	GRIT	1	CARLOS	30'	20:00	CROSS TRX	ifit	CARLOS	30'	20:15	GRIT F.	1	CARLOS	30'	20:00	PILATES	4	PAULA	55'	20:30	CROSS TRX	ifit	HECTOR	30'												
20:30	WALKING	7	LOREN	45'	20:00	ZUMBA	3	FANI	55'	20:15	WALKING	7	LOREN	45'	20:00	AQUA FIT	PP	LOIDA	45'																	
20:35	BODY BALANCE	3	CARLOS	60'	20:00	TAEKWONDO*	SQ	PACO ESPAÑA	60'	20:30	BODY COMBAT	3	AIDA	60'	20:00	AEROBIC/STEP	1	ANGELA	60'																	
21:00	CAJON*	1	EDGAR	60'	20:30	PILATES	4	NOEL	55'	21:00	O CYCLING	8	DAVID RUIZ	50'	20:30	BODY PUMP	3	LOREN	60'																	
21:00	O CYCLING	8	DAVID	50'	20:30	O CYCLING	8	JOSE LUIS	50'	21:00	ABD EXPRESS	ifit	LOREN	15'																						
21:00	AIKIDO*	4	JUAN	15'	20:00	BAILES DE SALÓN*	1	MARAT	180'																											
21:15	ABD EXPRESS	ifit	LOREN	15'	21:00	CAJON*	3	EDGAR	60'																											
					21:00	EASYLINE	M	JAVI SOUCASE	30'																											

LOS SIGUIENTES HORARIOS PUEDEN ESTAR SUJETOS A MODIFICACIONES . PUEDES VER LOS HORARIOS DEFINITIVOS EN LA WEB www.olympiaspafitness.com O EN LA RECEPCIÓN DEL CENTRO.

ACTIVIDADES CON ASTERISCO* INFORMARSE EN RECEPCIÓN DE LA TARIFA (no incluida en cuota)

HORARIO APERTURA:
LUNES-VIERNES
7:00-23:00h
SÁBADOS 9:00-20:30h.
DOMINGOS Y FESTIVOS DE 9:00-14:30.